

## Souper Season of Comfort, Winter 2001

### Soups and Stews

[Printable PDF version](#)

#### Roasted Red Pepper Soup

*Hello. Here's some fruit and vegetable news you can really enjoy. Sweet red bell peppers make remarkable soup. Its vibrant color reveals cancer-fighting nutrients-and its flavor can make a cold day feel warm. First trim 4 peppers, discard the seeds, and cut them into flat pieces. Broil the pepper, skin side up, until the skin blisters. Now, cool the pieces in a plastic bag. Remove the skin and chop. Sauté ½ cup diced sweet onion in a little olive oil. Add a can of diced tomatoes with the juice, the peppers, and 4 cups of broth. Cook for 5 minutes. Whiz half the mixture in a blender, then return it to the original pan. Season with a dash of salt and pepper, and a little balsamic vinegar. You can get two vegetable servings with one cup of soup. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Roasted Red Pepper Soup

Serves 6

Provides 2 vegetable servings per person

- 4 large red bell peppers (4 cups)
- 1 teaspoon olive oil
- ½ cup diced sweet onions
- 2 cloves garlic
- 1 15-ounce can diced tomatoes in juice (1½ cups)
- 4 cups low sodium chicken or vegetable broth
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon balsamic vinegar (optional)

1. Preheat the broiler. Cut the tops off the peppers, remove the stems from the tops, and the core from the inside. Cut through the center so you can flatten them. Place the cut pieces and the round tops on a large baking sheet, skin side up. Broil 4 inch to 6 inch from the heat source 10 minutes or until the skin is thoroughly blackened. Place in a plastic bag to cool 20 minutes. Remove the skin and chop.

#### Nutritional Analysis

48 calories  
1 g fat  
17% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
8 g carbohydrates  
361 mg sodium  
1 g dietary fiber

2. Heat the oil in a large saucepan on medium high. Sauté the onions 2 minutes then add the garlic and sauté 1 minute more. Add the tomatoes, with juice, and broth, and bring to a boil. Reduce the heat and simmer 10 minutes.

3. Grind half the soup in a blender until smooth then pour back into the pan. Season with salt, pepper, and balsamic vinegar. Divide among 6 hot soup bowls - 1 cup per person.